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37 Routine Activities Ranked by Risk of COVID-19 Infection

COVID-19 has redefined risky behavior. So, **how do we know what's more risky: getting a haircut, eating out inside a restaurant, traveling by plane or shaking someone's hand?**

Trick question. They're equally risky to our health, according to a new risk-assessment chart produced by the Texas Medical Association COVID-19 Task Force and Committee on Infectious Disease (July 7, 2020). The chart ranks activities by risk levels, from opening the mail (low), to going to the beach (moderate), or attending a large music concert (high).

The first three activities mentioned above are each rated low, moderate, or high risk, a 7 on a scale of 10. Physicians members of the task force and committee established the levels, with the assumption that people are taking as many necessary safety precautions as possible, no matter the activity.

Here's the complete list, from lowest to highest risk:

Low Risk: 1

- Opening the mail

Low Risk: 2

- Getting restaurant takeout
- Pumping gasoline
- Going camping

Low-Moderate Risk: 3

- Grocery shopping
- Going for a walk, run, or bike ride with others
- Playing golf

Low-Moderate Risk: 4

- Staying in a hotel for two nights
- Sitting in a doctor's waiting room
- Going to the library or museum
- Eating in a restaurant (outside)
- Walking in a busy downtown
- Spending an hour at the playground

Moderate Risk: 5

- Having dinner at someone's else's house
- Attending a backyard barbecue
- Going to a beach
- Shopping at a mall

Moderate Risk: 6

- Sending kids to school, camp, or daycare
- Working a week in an office building
- Swimming in a public pool
- Visiting an elderly relative or friend in their home

Moderate-High Risk: 7

- Going to a hair salon or barbershop
- Eating in a restaurant (inside)
- Attending a wedding or funeral
- Traveling on a plane
- Playing basketball or football (any sports to do with close contact or indoors)
- Hugging or shaking hands when greeting a friend or anyone

High Risk: 8

- Eating at a buffet
- Working out at a gym
- Going to an amusement park
- Going to a movie theater

High Risk: 9

- Attending a large music concert, dance club, casinos, or going to a bar
- Going to sports stadium
- Attending a religious service with 500-plus worshippers



Not feeling well? Call your healthcare provider for guidance (928)769-2900 Indian Health Services Peach Springs and try to avoid going directly to an emergency department or urgent care center, as this could increase the chance of the disease spreading.

**Hualapai Tribe Response
Phone number (928)769-0001**